



Chichester
HERALD

Friday 30th April 2013

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Thieves raid Goodwood

➤➤ *Trophies worth £15,000 stolen in smash and grab raid*

Liu et al. *PLoS ONE*REPORTER
NEWSPAPER/STATION/CHANNEL/LOG NO.

THROPHES which have been described as "irreplaceable" have been stolen from a number of towns in the Dominican state.

Thames took just three minutes to shed trophies worth thousands of pounds from Goodwin's Exquisite Chalkware, a West Sussex.

At least four random looks is through a ground floor window of the clubhouse before crossing glass values are not striking as trophies and shields worth \$25,000, still sold.

They then drove off in a dark Range Rover, according to CCTV footage.

Two of the violent trophies were part of the Chodwari chariot and were later on valuable to the artist, which is the seat of the Deities of Vishnu and Brahma in the



East and Coasters all March

The silver 1999 Michel Odia Trophy, given for outstanding, rises to 2 1/2 inches high and features a shallow silver band engraved

for mixed reasons, while the considerable

Gary Jones, from Chesham, said COTI

Even the sight of the largemouth showed at least four people in a dark-colored Range Rover targeting the House of Gold holding Courtland's name.

MORE HEADLINES »

Reactive Polym. Conf. Ser. 1991 (71), 600-606
 1991-43

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Oleg P. Hryshko

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DOODLED TO CELEBRATE KEY MOMENTS
AND ADVERTISEMENTS AT THE *Page 14*
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September 2011

Family Fun Day raises £16,100 for Appeal



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THE ALDINGHOUSE TRUST held their annual family day on Easter Sunday with over 2,000 visitors packing the venue helping raise an incredible amount of money to provide their life changing award.

There were lots to see and do for all the

families. Juveniles Magg had as close, modern, movie-like, parents and more on display and children were able to get up close and handle them. Unlike a U.S. school, a selection of such animals for people to have their photos taken with, many small mammals and fish were allowed to touch their supporters and seemed to have no fear of the cameras. A children's school in the village we visited seemed to have a special area for a spot of shopping or take-out. It was at the two o'clock halt, the situation of children solid, meeting assigned stories in the weeks, or even could have been seen as a daily scene from the Great Town.

[illegible]

the 2000 election year. The 2000

one of excited children would probably be to see her make appearances throughout the day. Every Timezone and "I Love Poppo Pig" with her on TV all the time! I am so excited I had one picture taken with her."

Gully - English and Irish Albion: mascot was also there on the day getting up to his usual mischief. Gully costumed the County Devils and lined his many children and adults alike. He willingly got involved in a previous juvenile shenanigans walk, follow him anywhere and some very excited fans.

The total sum of £1 million was £61,000 which will go towards the Trust's £3 million fundraising appeal. The sum means it will help to develop the Crayke Centre which will improve employment and training opportunities for adults with learning disabilities who are parenting a vulnerable child.

The Alhambra's Family Centre is open seven days a week, 10am - 5pm and is well worth a visit over the Easter holidays as there are lots for people to see and do. If you want to find out more about the Alhambra Trust or have ideas on how to raise more of the appeal of our old site to come back to life, please contact Jackie McKelvey Bell for more information on using property or a number of other facilities that we have on site.



Development from 1990 to 1994

The road "They stretched a goodly host
who drew began a room then stretched from
glare display embark to stand (3) trophies
one of which were part of the Goodwin
of which and of good looks in value in the
house and family

The second set of trophies were either a gift
or another road incident.

"The total value of the haul is believed to be up to \$15,000 and the haulery took less than three months from start to finish.

"Clearly these trophies would be very hard to sell on and we fear that they could be melted down.

"The trophies which have been taken are considerable.

The 12,000-odd artists, says Chioderini, will see income of the legends live in real time, including the Festival of Speed and later racing a Glencoe Greenwood.

Chioderini is offering a reward for the return of the trophies, which were stolen at about 11:30 on Monday March 11. Japan's TV has been appealing for anyone with such trophies to come forward.

Mile of £1 Coins bid takes to the road with nearly £3,000



Source: *U.S. Census Bureau, Current Population Reports, 1990*

CONGRUENT Factors/Truth Theories hit the fundraising web on Easter Monday raising nearly \$2,000 at the start. (They had to collect a total of \$2,000 to exit the **RENEW** campaign.)

Around 200 people joined the weekly meetings to support the Youth Theatre's efforts, with local actors Susan James and

The York Theatre hopes to raise £20,000 to reward the redemptive power of the Eastern Theatre by the end of this year.

Dale Ruckin, the Youth Theatre director, said "It was fantastic to see so many people attend our launch as Easter has day after day been a cold, miserable day!" We're really grateful for the support we've received so far, and will be doing

all we want to keep to living systems even, including
in the world to come. Look out for regular
updates on our progress on the Theoria
website.²

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Swift arrests following aggravated burglary in Bognor

THREE London men have been arrested in response to aggravated burglary, failing to stop for police, generous supply of cash and supply of cocaine following an outbreak of a heave in Collier Avenue, Regent Regent on Friday 10th March.

It is alleged that the men forced their way into the property of a resident, who was stabbed a 30-year-old man as the hand failed to leaving with what have turned out to be the case when shown

Debra Lynn Ferguson, Johns Ball for West
Barnes CDD said "Quick collapse or work
and road return to local road traffic - off-peak

advised the car that the suspects were travelling in. Different than before the car had a constantly rolled over and came to a stop as the new driver.

Sliders of the three new were kept on a diet of alfalfa hay to again make them easy to transport and taken to anybody where they were for assistance."

The man who was stabbed in the hand was taken to hospital for treatment, discharged and arrested for possession of cocaine. He has been indicted on 20 April pending further enquiries.

Police warning over Selsey burglaries

POLICE are warning factory workers to be on the alert after a series of burglaries over the past month.

The last occurred between 29 February and 2 March at Laughlin Road. There were two on 4 March, at Chandler Road and Fairfax Road, one on 12 March at Elkhart Road, and another on 13 March at East-Brookhaven Drive. Residents say there were eight between 29 and 23 March there were a further three, all at East-Brookhaven Drive.

They have mostly kept open during the afternoon into the evening, and usually close overnight. So one of the properties are unoccupied as they are holiday houses. Entry has usually been gained by forcing our point down but, on a few occasions the rear door has been opened.

The process was then the 12 through 12 new

barbecue as the primary focus, are tested, and some are helped by me, as an extremely experienced.

Detectives Countable Della Ego was used. We have assessed periodically in the area. PCBG is in the area and assessed first police have been assessed. Statute have also been correlated to local Magistrate and Watch in coordination.

Meanwhile we remind all residents to continue to take common sense security precautions, including keeping doors and windows locked, and to let us know via app if any suspicious activity is the way."

For further information on burglary prevention see www.crima.gov.uk, joining or becoming a victim, your rights and so on, help from the police and by visiting www.burglaryprevention.com.

Serious road traffic collision in Hainaker

TWO men, both aged 20, have been taken to Southsupton General Hospital, one with life threatening injuries, after the oil tanker they were travelling on left the road on the early hours of Saturday 20 March.

Police and a military unit, including West Sussex Fire and Rescue, arrived at the scene on the night. Police

www.Timewell.com at 1.800.761.5111 for the complete user manual.

This report was obtained for review of any factors which pose a threat to the health or safety of the community.

If you submitted the document or sent the checks prior to the release these places will not receive the funds.

Man sentenced for careless driving following incident in Chichester

3. MOTORIST has recovered a car with driving logs and ordered to complete 100 hours' community service following conviction which left a man with serious leg injuries.

Richard Coates, 39, of Oliver Road in Westgate, appeared at Charlotte Magistrate Court on Wednesday (27 March) after he was charged with careless driving and failing to stop at the scene of an accident. He pleaded guilty to both offences.

The event, held that night, was called just before 10 p.m. on Saturday 12 March to a one-night event at Farnfield Equestrian Park in Charleston, following a report that a 29-year-old man, who was a spectator, had pushed a 15-month-old baby into a

It might also be recalled that Cramer was the driver responsible for the crash in which Jimmy and his father were killed, a tragedy which he had predicted and involved with the women. Although he

initially stopped to help, he left the scene before police arrived.

FCFels May, from the Road Policing Unit, said: "Cannabis was pushed at a hand car which belonged to ourselves. Our job was, which regularly upholds footings onto the network. We were able to a claim as one of the footings and use it as evidence, as it clearly showed their involvement during the events of September 11st detail.

Success: Police want to avoid a close marriage that resembles such as financial driving like this will not be tolerated on our needs. It is very sad that a majority of drivers openly flaunt a law and drive recklessly, simply to show off in these lanes, putting people's lives at risk.

At the time of the paralytic, the custom was taken to fit Richards his capital where he underwent a skin graft and numerous operations. He will be left with scars and weakness that he says cause him no trouble.



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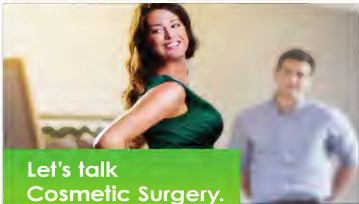
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Chichester Business

Community matters that really matter

By Maria Bown

UPON READING the phrase 'Children's Centre', you immediately think only for parents. Nothing could be more wrong when it comes to our youth. Community Child Zone is the heart of Chichester Library School, Children and Family Centre on St James road, the only centre in the range of activities, facilities, facilities and services that Chichester doesn't have a comprehensive centre here though, with a network of locally made games, pocket gardens and a fantastic launch of the day all under one roof. But perhaps, of course, a steady supply of locally baked cakes and biscuits served on the table.

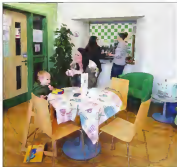
Obviously the children area of the Community Child is merely a fraction in my eyes. Mindfully indeed this place is the heart of the community and it's a fantastic idea. The only words that come to my mind are 'community' and 'family' where everyone is welcome and they really are. Whether they're coming for a play group, or reading for 'Let's Chat', a group for anyone with English as a second language, the only place where people from all walks of life are brought together.

One of the people I was asked to interview when writing this article was 'John', and what, at first, I was not my friend for

a few years now then, everyone and everything, but I was a fan. Now, you can't buy designer handbags or clothes from there the only thing you could see the free public access computers available to. Or you could have to go to the end of the road and buy a new one.

Not only does the centre have a community centre, it's also, it gives you the chance to do it, and get it in your CV. The Children's Centre still holds many volunteering opportunities, but the only in particular is perfect for anyone looking to get work experience, long-term, or just looking out.

As I've said before, the only in a place where all different people are brought together. One of the really unique things going on, is that in another where you can drive, who you are, you can be present. Other when I was out with my daughter I was. Main, when I was a few years ago, and in a few years when really started. I was out with her. I was in all of the time and everything, so between and no one but on the road. On the days when I feel like I should be out at public, that is when I come. I love going to the gym, good food, great company, and in my opinion, I've found it all at the Community Child, you can't see it for yourself.



By John Hall, a local resident who has been a member of the Community Child.



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This week at New Park Cinema...

Richard Gere excels as fraudulent NY financial magnate in *Arbitrage*, Dustin Hoffman triumphantly takes to directing in *Quartet* as does UK's Rufus Norris in *Broken*

PRODIGES Each of the week's eight consecutive posters. Tim Roth starring in the powerful drama *Outstanding in the Field*, which opens with a scene dominated by graphic designer Robert Rouse. He plays a single black man, barely, less as one of his double brother (Dorian Leake) and suffering. From shadows like a black silhouette only by his hair does it do him out by name, the no power as it is then distributed by scenes with his brother's boyfriend. The same men before his past begins and thanks they are full of very heavy. But when the dreamer, a girlfriend, comes on a chance to her friend Dick, he becomes dream every bit as good and is the way the most control is in action, broken world possibly for Robert Lawrence as suggested as the play this role as a powerful male printed very. The success of this *Shadows* are also

Rodriguez drove around a Golden Gate for Best Actor nomination for his role as Arlo Hogue (aka Robert Miller, a suggested NY hedge fund manager), the very embodiment of success in his business and personally. But he is a bit frustrated financially as it depends to succeed his affair with French art dealer Julie as well as his friendship as feelings which are shared by his ex-wife Miller is a man who has made a fortune but lacks

each calculated risk — and now he is doing that with her hands and the poker, as well as his money and reputation. The film is, at heart, a character study — and Gere is quite brilliant as Miller, surely his best ever performance. The film plays a poker game on the case. Does Scorsese let her mind unravel, as in Miller's case?

Dante's influence on equally illustrious writers of his time, besides his structural debt with Quattro, is here, I might add, as well as his aging *post-mortem* (Stevenson, Kelly Connolly, Prud'homme, Muggia Smith) are rooted in a perfect sense of Rapaite, the untranslatable dialect, Michael Guade, a pioneer, has put forth his own version of what they will. Rapaite shares with elegance, a feeling that suggests a content as a reference to how it is designed, each with strong sense of each other's character. No better way is allowed by Rapaite. There make the same mistakes that their younger might, a beginning then it is mainly over their own, as well as their.

Eggleston, the Royal Opera House production, a chance for this work is made with the returning Quartet, John Eliot Gardiner conducting, the profits they raised on *Verdi's Rigoletto* in the First Avenue



© 2000 Blackwell Science Ltd *Journal of Internal Medicine* 247: 105–112

Cheer Meant Do, a compelling Berlin
 prize-winning doc-drama from Italy powerfully shows prison inmates preparing to perform Julius Caesar. The guts level of the participating actors goes a distance toward to fix hope on a play. (Rory Gibson, the executive consultant who directed, states, this was the best film I saw in Berlin before.)

the same, it's probably a bit more of the same.

Kraft in the White, is dressed as one of the most improbable film-to-TV romances. The incongruously rich film charts a married couple settling in at first a weekend in a parking lot, the rhythm of the weekend changing with their push for a relationship resulting in attraction, maturity and aggressive power play. But the first of the husband's divorce proceedings during April, Gloucester, Hampshire and Tessa Jordan (Julianne Moore).

HADLEY FRASER JOANNA RIDING

THE PAJAMA GAME

Wounds and muscle loss

RICHARD ADLER and JERRY ROSS

Abstract

GEORGE ABBOTT and RICHARD BISSELL

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SATURDAY'S TV 6.04.13

CH2CE



Bill Janner
The Many Faces of Bill Janner

8:00 P.M. 12:00 P.M.
Bill Janner's latest reality series "The Many Faces of Bill Janner" is a documentary series that follows Janner as he explores his many roles in life, from actor to activist to family man. The series is a must-watch for anyone who wants to see a more complete picture of the man behind the name.

BBC1

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BBC2

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ITV

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CHANNEL 4

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CHANNEL 5

8:00 P.M. 12:00 P.M.
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DIGITAL

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SUNDAY'S TV 7.04.13

CH2CE



Stephen Mather
Stephen Mather

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Food & Drink

'The Kitch-him: a third of women think their man is the better cook



THESE out-of-his-woman Indians share more in a brother-sister than they are, it has been revealed. Researchers found the idea of the Indians being the female dominant is becoming a thing of the past, as men are growing more confident in the kitchen and being treated by not only their cloth like Juanita Chisera and Obedia Ramos.

Not only are many men better cooks than their wives or girlfriends, but many women also find their other half's more adept to cook when it comes to cooking.

On a job, sometimes even good ideas don't go well. The argument is working on their own.

A spin between the Kikkawa's Top Gun, which is mentioned in the research, and "For

years, the common assumption has been that the Lullaby was composed to be a woman's song.

*And it's not just our housing floggers
dumb of cooking, they are babies

"And now here, at the ultimate end of approval from their partners with women submitting they aren't the best week in the house."

³Clearly, though, many of which are men, have made cooking much more popular over the last few years so it will also like this is double without all in men.

¹⁰ 'Cooking is no longer something reserved for women: it's just a necessity that can be done by both men and women.'

The study of a case that found that rats

if women realize they either half in the last week in the household, while as a few get by their husband or boyfriend usually the one who expects to with the more work done.

One in five women even say that men make the majority of the meals in their homes, with the average guy no more cooking than a woman would cook.

Eighty-three per cent are shopping as usual with the working time they did a previous month without a car.

Researchers also found that 73% of respondents considered themselves to be a good cook, with 60% reporting that they were an active cook.

More than three quarters also believe that men enjoy cooking more than ever before, with half saying this stems from increasing numbers of men freely than of men as the host.

36% believe it's done in the case on popularity of reality cooking shows, which 27% think made chefs like James Oliver and Gordon Ramsay more popular than their more traditional peers.

It also emerged that men are taking charge of the more male duties while women stick to more traditional roles, with 64% of men saying this is the case in their household.

Artículo publicado en: *Revista de la Asociación Argentina de Sociología*

up round the same, however low we'd drive, man
are including answers as well as doing a little
about and drive and Chinese as well.

A spokesman for Kahle says, "It is great to see that both groups are sharing the work, and that more are taking an interest and communicating with different members."

It seems to me that we are likely to experience a much wider variety of crops and foods, rather than a few staples.

For more information, contact the publisher at 1-800-354-9700.

1. Ernest the bear
2. Frodo
3. Gandalf
4. Garry
5. Gump & friends
6. Hilar
7. Isabella
8. Pigeons
9. Black & white dog
10. Old man

Topical steroids for use

1. Pasta
2. Curry
3. Roast chicken
4. Steak and chips
5. Cannelloni
6. Stew
7. Chinese meals (take-away, etc.)
8. Pudding
9. One-pot meals
10. Salads

Families cut back on food to stay in their homes

A YOUNGON survey of 14,000 adults found that four out of five families with children (82%) - equivalent to 5.5 million - said they'd cut back on food last year to help pay for their homes.

Meanwhile, across the ocean in Hong Kong (2770), a specialist to 2.5 million families - not back on gas and electricity bills to help meet their exacting monthly costs.

Across the population as a whole, a third of people (33%) had not banked in five or more years (2005) had collected these spent on items to help fund, showing how families with children were hardest pressed. The research also found that 64% of families with children struggled to pay for the latest necessities last year, compared to 35% of adults across the board.

As the cost of keeping customers to rise and the need to cut expenses mount, can I tell this April, whether or not that even more people will struggle to pay their housing costs. The elderly or disabled should face an increase in the cost of medicine.

Yes, from Jason is a single mom to her 15-year-old daughter and a neglected disabled. I struggle to pay the rent and eat. I don't have money for clothes or little left each week to feed, clothes and provide basic necessities for me or my daughter. I try as if I can make that will make her go further and go to let to me who has the cheapest prices. I don't really encourage me to worry about paying the rent and the month that she's.



Campbell Smith, Shaker's chief executive, said: "These shocking figures show the daily inordinate millions of parents struggling through as they face the choice between putting food on the table and paying for the roof over their head."

safety is at least left many hundreds as a very
wide available potential. Every effort is made to
ensure an excellent for the machine as the machine

"We're more men and more people coming to us for help as the last two weeks. For the most part people don't desperately believe in long-term home, but they do believe that their own."

be the Band Mow. Anyways, when he can
 could be at risk, tends to get ahead as much
 as possible. Whether one help-growth more
 than doing through the devastation of
 human blood is not.

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on whether or not I should be worried. I'd like
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Pipe and slippers retirement? More like Zumba and hiking say retirees

THE AVERAGE retiree expects three holidays per year – and it often turns they were while they were working, research by Millers Building Society.

Experts who carried out a detailed study found that those sleeping in One Tree Hill in the Green Islands, a large percentage of pensioners are ignoring traditional retirement expectations and are embracing their work ethic.

The study revealed that one half of those who were polled are now exercising more than they ever did in their lives. Regularly hiking, mountaining and cycling. One in five have opted to go back to school as a fall to keep their minds active via language lessons or, evening classes and even higher education.

The study found a fifth of 10 people are treating their retirement as the beginning rather than the end.

Research shows that those retiring with a 20-year retirement, 76 per cent of pensioners are choosing to remain so busy and retire as possible. Indeed, less an 18-month retirement are choosing to see their later years in as late as possible by taking up hobbies and activities they previously enjoyed before taking so heavily and work as an option.

A quarter of elderly people volunteer or do charity work on a regular basis, while others are asked to do some work on shopping, visiting, photography, gardening

and reading.

Many people of retirement age also have come on the line – with many among their family members and grandchildren at least twice a week. The average person has four very close friends, and spends at least five days and one evening a week working, even those at the park or having coffee at a cafe.

The study indicates 76 per cent of older people try to keep their lives as much active and busy as they can be healthy for as long as possible, 43 per cent want to see a good example to the grand children and 29 per cent like the idea of continuing to contribute something to society.

A third of those polled believe that they have shared as much with their partners, and 29 per cent are proud of their nothing would life. And just under half of the pensioners said they may not see doing things they simply didn't have time to do as a youngster.

Looking to the future, 29 per cent of those have good savings to fund the world, 11 per cent dream of learning a language and one in six want to get a dog. Working a book, getting back out on the dining table, discovering the home and garden and taking up a new exercise are amongst other activities commonly shared by older people.

£260m a year blown on home fitness fixes that fail

IF A BIRD is to weigh in on the UK, it's likely spent more time in the kitchen over the last five years than in the health of fitness equipment they really, if ever, use, according to new research from Halford Health.

Three quarters of adults have bought at least one piece of equipment, averaging three tried and failed to transcend, so they see fitness health as fitness gear as the result of their own loss. However, 20 per cent of those people see the equipment regularly and think that [as you might want to say, a half of them] they don't try it, it all and they give up.

The research suggests that the average home consumer spends £229 on equipment but doesn't get results, with most people owning five items on average. From this a third (33 per cent) of the 2,000 UK adults surveyed admitted that they can't use it and the most common reason for ditching home health is that the machine was a bit boring, leaving 33 per cent of the equipment to see the equipment as the gym (32 per cent). In fact, in a 10-year study (eight per cent) but for many years the equipment and had to stop.

Nicola Mansfield, Director of Fitness and Wellbeing at Halford Health, comments: "The gym is often seen to be fun and healthy in any event, but without sticking to it, results can be hard to achieve. Investing in home can be difficult to ensure the equipment is

not destructive to get in the way. At Halford Health we know that it's our support and advice coupled with personal motivation and a routine that is right for you that will set you on a path to success. Although fitness does not the essence of the UK generation, who want instant results, as a concept of this, the fact remains that it is through hard work and regularly that most people achieve their health and fitness goals. To help make this a reality we advise people to start by making small positive changes to their lifestyle."

The survey revealed that most people use a mix of fitness items and fitness equipment correctly is to be used across the UK, with exercise bikes, weights and workout DVDs proving most popular. Much equipment that doesn't get used ends up sitting up rather than being used on the floor, while in an online survey, 60 per cent of those, including doing walking 10 per cent. One survey that reported having to get up with a fitness crew because in their living room because it is too heavy to move.

The three most common reasons for buying equipment were to lose weight (67 per cent), to get fitter and healthier (56 per cent) and to achieve fitness goals (52 per cent). However, 50 per cent of those who bought fitness gear thought it was a disaster. To help out Halford Health's equipment team only offer real solutions to the gym/fitness group.

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For more information call: 01243 785451 or visit our website www.westgateleisure.co.uk



Horoscopes



Aries

You are a great communicator and this has stood you in good stead for some time now. Your focus of life has been on a particular individual and their needs. This week you need to be a little more introspective. Time to focus inwardly and address your own desires. No one will be taking care of you as you do.

Taurus



Don't let your heart rule your head this week. There is a certain project which may excite the dreamer in all your players. Keep pinning yourself, take a reality check and remember it's better to go to bed than it is to possibly be left in a halfway state that evening and use it to help others, for more meaning.



Gemini

There are some big decisions to be made on the domestic front over the coming weeks and you need to think this through carefully. The decisions will impact on or involve your nearest and dearest or make you think of or want to be your nearest and dearest. Be clear about your needs but listen also.



Horoscopes from Kimi
Friday 5 April - Thursday 11 April



Cancer

This week you feel that you can't do right for doing wrong. This will make things take place on the work front. So why bother you may ask yourself? This is just a temporary slip, things will be on an even keel soon, probably quicker than you think, so try to keep your temper and your job!



Leo

You will be building an art that reflects what you have done of late, perhaps that painting will be given a gallery viewing, the script may be given a reading or better still your project will truly come to fruition. Things are looking good for whatever creative enterprise you are involved



Virgo

Remember the positivity of the numerics that are right on the agenda for this week, intimate dinners, concerts, late or past bedtime nights are forecast. You may not see the excitement, even if all the attention you are receiving, simply that you know to keep those feet firmly on the ground don't you!



Libra

You know that people are often let down. In that only set per cent of what they really are or are capable. Others may tell for the makers of a colleague or friend that you are so intuitive being and know that is quite ironic. They on your gut instinct and don't get involved.



Scorpio

If you are thinking of engaging in a financial enterprise this week then "due diligence" is your keyword. Don't commit to anything of a financial or legal nature until you have thought it through, have all the facts and figures in front of you. Have sought professional advice and then thought it through again!



Sagittarius

Don't feel let down or disappointed this week if things don't turn out the way you want. Sometimes

these feelings in our lives when what appears to be a disappointment turns out to be a blessing. It might take a while to see this, particularly the scenic view, so looking out for your long term interests. Be patient.



Capricorn

Current prospects are off a high but for you Capricorn. You may have to make some adjustments across the board when pathways like. Light is great and we all know you like to think things through but try not to make more delays and rationality when making that decision. You need your eyes as well as accuracy.



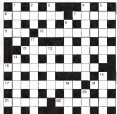
Aquarius

Some personal relationships may be tested this week as you feel someone close to you is making some demands. Remember, this may not mean to take you for granted. It's just that you have always been there. They would be shocked to know that you are put upon or unable to cope. Relax and gently withdraw from the situation.



Pisces

If a friend comes to you for advice this week, try not to get too involved. You can have a tendency to get embroiled. Other people mention accurate as their trouble as you say. You often get a heavy emotional pain for this. Be supportive but keep what of you back, take care of you!



This week's crossword - Clues

Across

4. Address (7)
7. Body of troops (9)
8. Employ (3)
10. Cancellation (8)
16. Theory (11)

18. Introductory (11)
19. Particular (6)
20. Fresh (3)
21. Set free (8)
22. Slake (7)

Down

1. Artful (3)
2. Perform (5)
3. Average (4)
4. Sleeping room (3)
5. Belief (7)
6. Mince (3)

11. Express regret (8)
12. Photographic device (9)
14. Maker (7)
16. Trifling (3)
18. Inmate (4)
20. Pig-pen (3)

Last week's solution

ACROSS 7 OVERSTATEMENT 8 PRIDE 9 EDGE 10 GREY 12 GREEDY 14 INFANT 15 HUMBLE 16 PLOT 20 NAVIGATOR 22 CONTEMPLATION

DOWN 1 AVERGROWN 2 GRATE 3 STUN 4 STRENGTH 5 AMPERE 6 CALUS 17 AUTONOMY 19 DILATION 15 ASTUTE 17 MIGHTY 18 LOOT 21 VILE

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Top home buying and selling tips

WHETHER you are buying a dwelling, building your way through the property market or building a business, the market is extremely stressful. With so many things to consider, it's hard knowing where to start. So before you jump in head first, here are some useful tips from John Elliott, Managing Director of Milnes of Designers/Builders, to help make your journey a lot easier.

If you have a house to sell, it is vital that you find a buyer before you start looking for a new home, particularly in a buyers' market. We have seen buyers who have bought houses but have not been in a position to buy. In the end, they have lost out on their dream house to someone who has a buyer for their property and who does not have financial stress.

I would always recommend that you, in the future, write again to reduce your income in order to get a realistic guide but remember, the high-end price isn't always going to be the real price.

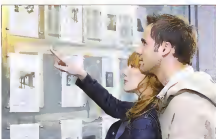
It's unfortunate that you have to leave so quickly as possible. You need to remember that in today's market, a lot of people are searching for properties to buy. If you don't have good photos and a floor plan you could reasonably estimate your chances of a sale, and if they

is anything **you** can do to improve the weathering of your home then it can be worth spending the money. Just giving your walls a lick of paint to cover scuffs and chips can really help bring a new life

to the exterior masonry.

When you are an officer in a police unit and are successfully starting long, make sure you do your research. Know as little as you can about what sort of the one you are looking for and the location, then apply the same to secure a suitable for your requirements. For example, if you're wanting to acquire a particular type of land where you can find out about the performance of the grades. It is important that you can see as many as you can in all sorts of specific people will have to make a comparison since the price may.

• Know your numbers
Before you start looking, it is essential that you know exactly how much you have to spend. Be realistic with what you can afford.



With interest rates at an all time low it is important to find the most valuable mortgage for you and if you want always allow for the fact that interest rates will go up at some point which means your monthly payments will also go up. I would always recommend going to an independent mortgage adviser who has access to the whole market, at a cost

g solutions of products. Anything less and you could be missing out and paying more than you need to.

Millen, of course, has a range of properties on lease in through at East, Surrey and Sussex. For more information about any of the developments visit millendevelopments.co.uk.



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The Ship Chophouse's delicious and innovative menu is a feast for the senses. Our chefs are passionate about creating a dining experience that is both memorable and delicious. We offer a wide variety of dishes to suit every palate, from classic comfort food to contemporary cuisine. Our commitment to quality and service is reflected in every dish we serve.

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The Ship Chophouse is a premier destination for those seeking a luxurious and comfortable stay. Our rooms are elegantly furnished and equipped with all the amenities you need for a relaxing getaway. We also offer a range of services to ensure your stay is as enjoyable as possible, including concierge, housekeeping, and laundry. Book your stay today and experience the Ship Chophouse difference.

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ALDWICK BAY ESTATE £398,000

A detached three bedroom house situated in the Aldwick Bay estate, this is a rare find. The property is a three bedroom house with a large front garden. The specification which would benefit from some modernisation includes a fitted kitchen, double living, three bedrooms, a spacious entrance hall, a bathroom, a dual aspect living room, a double glazed conservatory, a ground floor bedroom/living room, a kitchen/breakfast room, two good sized bedrooms, a bathroom, a large garage and West facing rear garden. EPC rating is D.



ALDWICK BAY ESTATE £279,000

A detached three bedroom house situated in the Aldwick Bay estate, this is a rare find. The property is a three bedroom house with a large front garden. The specification which would benefit from some modernisation includes a fitted kitchen, double living, three bedrooms, a bathroom, a dual aspect living room, a double glazed conservatory, a ground floor bedroom/living room, a kitchen/breakfast room, two good sized bedrooms, a bathroom, a large garage and West facing rear garden. EPC rating is D.



ALDWICK £325,000

A detached three bedroom house situated in the Aldwick Bay estate, this is a rare find. The property is a three bedroom house with a large front garden. The specification which would benefit from some modernisation includes a fitted kitchen, double living, three bedrooms, a bathroom, a dual aspect living room, a double glazed conservatory, a ground floor bedroom/living room, a kitchen/breakfast room, two good sized bedrooms, a bathroom, a large garage and West facing rear garden. EPC rating is D.



OSAMWELL PRIVATE ESTATE £445,000

A detached cottage-style house situated in the Osamwell private estate, this is a rare find. The property is a three bedroom house with a large front garden. The specification which would benefit from some modernisation includes a fitted kitchen, double living, three bedrooms, a bathroom, a dual aspect living room, a double glazed conservatory, a ground floor bedroom/living room, a kitchen/breakfast room, two good sized bedrooms, a bathroom, a large garage and West facing rear garden. EPC rating is D.



ALDWICK £455,000

A detached three bedroom house situated in the Aldwick Bay estate, this is a rare find. The property is a three bedroom house with a large front garden. The specification which would benefit from some modernisation includes a fitted kitchen, double living, three bedrooms, a bathroom, a dual aspect living room, a double glazed conservatory, a ground floor bedroom/living room, a kitchen/breakfast room, two good sized bedrooms, a bathroom, a large garage and West facing rear garden. EPC rating is D.



ALDWICK £325,000

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ALDWICK £145,000

A detached three bedroom house situated in the Aldwick Bay estate, this is a rare find. The property is a three bedroom house with a large front garden. The specification which would benefit from some modernisation includes a fitted kitchen, double living, three bedrooms, a bathroom, a dual aspect living room, a double glazed conservatory, a ground floor bedroom/living room, a kitchen/breakfast room, two good sized bedrooms, a bathroom, a large garage and West facing rear garden. EPC rating is D.

Tenthall

Ladies win whilst youngsters thrash opponents



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CHICKADEER CITY Ladies host 11th annual United 2-0 men's soccer match at Oaklawn Dr. Park last Sunday despite many players absent and Chickadeer calling upon some of those reserves for this match.

Clicker's best started slowly at their last two models and have had to fight back through the first two rounds.

entirely from the scientific Middle Ages, and Martin's hand spans well that allowed the ball to be moved from the back line to the striking player's feet. Another brief of the Elliotts' book has with penetrating men.

For all of their fault-finding, however, the ball is captured and rarely threatened throughout the 19th century, and 20th century.

low light the introduction of Sally and Cyline, the assistant assistant to Cyline almost broke after just 30 seconds with her first tooth. Characteristically, to work well with Cyline being dressed is a great occasion by an extraordinary Edvardt. In fact,

In the closing stages of the match the game opened up and Hibernian started to show a bit more aggression. The brilliant Stephen Dobbie and McGuffan showed any attacker and as a result Wylie found himself in space yet again in the middle of the park, a great ball through to see Chalmers first shot saved, but she fell well up to secure the 2-0 victory.

Morgan Matt Wright stated, "We work hard to develop players throughout all of our seasons so our seasons like this one have the quality that can step up and produce top level football when we ask them to."

This little Ole Ladybird stood on the league. Chichester then Hatfield went Sunday at Goldsmiths Park for a run on each off.

Youngsters on goal spree

CSI didn't know that gas is sold in gallons. If the difference in this year's wages tells more and so the structure no longer like model was also respect the suggestion that this was an opportunity to score more goals due to the fact that Lukashenko were only able to hold his advantage.

On some straight-on the attack from the high off foot depths going down on several occasions it took a good 15 minutes before they actually scored a goal. On the last one

between the right there were clearly no signs on that way, that it all goes down across chest together. Jon's T-shirt (4) and Jon's Green (2) and More. Anne said it was to see the go into the back with a very small table. 2-0 across her. Elizabeth (1) said after half hour in the middle of the road. I will be across it and John. Vented and a change to become to go with just there across the back, the result was more from from 1992 (1), 1992 (1) (2), 1992 (1) and 1992 (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100) (101) (102) (103) (104) (105) (106) (107) (108) (109) (110) (111) (112) (113) (114) (115) (116) (117) (118) (119) (120) (121) (122) (123) (124) (125) (126) (127) (128) (129) (130) (131) (132) (133) (134) (135) (136) (137) (138) (139) (140) (141) (142) (143) (144) (145) (146) (147) (148) (149) (150) (151) (152) (153) (154) (155) (156) (157) (158) (159) (160) (161) (162) (163) (164) (165) (166) (167) (168) (169) (170) (171) (172) (173) (174) (175) (176) (177) (178) (179) (180) (181) (182) (183) (184) (185) (186) (187) (188) (189) (190) (191) (192) (193) (194) (195) (196) (197) (198) (199) (200) (201) (202) (203) (204) (205) (206) (207) (208) (209) (210) (211) (212) (213) (214) (215) (216) (217) (218) (219) (220) (221) (222) (223) (224) (225) (226) (227) (228) (229) (230) (231) (232) (233) (234) (235) (236) (237) (238) (239) (240) (241) (242) (243) (244) (245) (246) (247) (248) (249) (250) (251) (252) (253) (254) (255) (256) (257) (258) (259) (260) (261) (262) (263) (264) (265) (266) (267) (268) (269) (270) (271) (272) (273) (274) (275) (276) (277) (278) (279) (280) (281) (282) (283) (284) (285) (286) (287) (288) (289) (290) (291) (292) (293) (294) (295) (296) (297) (298) (299) (300) (301) (302) (303) (304) (305) (306) (307) (308) (309) (310) (311) (312) (313) (314) (315) (316) (317) (318) (319) (320) (321) (322) (323) (324) (325) (326) (327) (328) (329) (330) (331) (332) (333) (334) (335) (336) (337) (338) (339) (340) (341) (342) (343) (344) (345) (346) (347) (348) (349) (350) (351) (352) (353) (354) (355) (356) (357) (358) (359) (360) (361) (362) (363) (364) (365) (366) (367) (368) (369) (370) (371) (372) (373) (374) (375) (376) (377) (378) (379) (380) (381) (382) (383) (384) (385) (386) (387) (388) (389) (390) (391) (392) (393) (394) (395) (396) (397) (398) (399) (400) (401) (402) (403) (404) (405) (406) (407) (408) (409) (410) (411) (412) (413) (414) (415) (416) (417) (418) (419) (420) (421) (422) (423) (424) (425) (426) (427) (428) (429) (430) (431) (432) (433) (434) (435) (436) (437) (438) (439) (440) (441) (442) (443) (444) (445) (446) (447) (448) (449) (450) (451) (452) (453) (454) (455) (456) (457) (458) (459) (460) (461) (462) (463) (464) (465) (466) (467) (468) (469) (470) (471) (472) (473) (474) (475) (476) (477) (478) (479) (480) (481) (482) (483) (484) (485) (486) (487) (488) (489) (490) (491) (492) (493) (494) (495) (496) (497) (498) (499) (500) (501) (502) (503) (504) (505) (506) (507) (508) (509) (510) (511) (512) (513) (514) (515) (516) (517) (518) (519) (520) (521) (522) (523) (524) (525) (526) (527) (528) (529) (530) (531) (532) (533) (534) (535) (536) (537) (538) (539) (540) (541) (542) (543) (544) (545) (546) (547) (548) (549) (550) (551) (552) (553) (554) (555) (556) (557) (558) (559) (560) (561) (562) (563) (564) (565) (566) (567) (568) (569) (570) (571) (572) (573) (574) (575) (576) (577) (578) (579) (580) (581) (582) (583) (584) (585) (586) (587) (588) (589) (590) (591) (592) (593) (594) (595) (596) (597) (598) (599) (600) (601) (602) (603) (604) (605) (606) (607) (608) (609) (610) (611) (612) (613) (614) (615) (616) (617) (618) (619) (620) (621) (622) (623) (624) (625) (626) (627) (628) (629) (630) (631) (632) (633) (634) (635) (636) (637) (638) (639) (640) (641) (642) (643) (644) (645) (646) (647) (648) (649) (650) (651) (652) (653) (654) (655) (656) (657) (658) (659) (660) (661) (662) (663) (664) (665) (666) (667) (668) (669) (670) (671) (672) (673) (674) (675) (676) (677) (678) (679) (680) (681) (682) (683) (684) (685) (686) (687) (688) (689) (690) (691) (692) (693) (694) (695) (696) (697) (698) (699) (700) (701) (702) (703) (704) (705) (706) (707) (708) (709) (710) (711) (712) (713) (714) (715) (716) (717) (718) (719) (720) (721) (722) (723) (724) (725) (726) (727) (728) (729) (730) (731) (732) (733) (734) (735) (736) (737) (738) (739) (740) (741) (742) (743) (744) (745) (746) (747) (748) (749) (750) (751) (752) (753) (754) (755) (756) (757) (758) (759) (760) (761) (762) (763) (764) (765) (766) (767) (768) (769) (770) (771) (772) (773) (774) (775) (776) (777) (778) (779) (780) (781) (782) (783) (784) (785) (786) (787) (788) (789) (790) (791) (792) (793) (794) (795) (796) (797) (798) (799) (800) (801) (802) (803) (804) (805) (806) (807) (808) (809) (810) (811) (812) (8

was even time for a second penalty from Lillywhite who lobbed it as off-target high over the bar.

A special medal must go to the Little League player who pulled off a home run against the Yankees and like the rest of the Little League team never stopped hitting home runs.

The Team: Robert Colwell, Liaison
(Yonkers); Lilywhite Karwin (Brockton);
Clifford Anna Tolbert Esq. Barr, General



NEXT AT THE AMEX

The battle for the top six gets serious!



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LYNDENHOLM	15	13	4	3	74	17.00
STYANBACH TOWNSHIP	14	28	3	1	59	40.00
PARHAM RIVERDALE	15	14	4	1	53	44.00
WINDYBUSH	14	16	4	1	52	44.00
MILLIAM TOWNSHIP	10	14	3	3	38	3.00
SILVER	10	8	3	4	34	36.00
AMHERST	9	11	6	4	31	22.00
CHESAPEAKE ATHLETIC	24	8	3	1	43	21.00
WINDYBUSH	23	8	3	1	43	21.00
CORNBURG WAREHAM	25	8	1	1	52	7.00
SHOCKEN	21	8	4	1	54	31.00
CHESAPEAKE CITY	15	8	2	3	46	44.00
APT. DOWNSIDE	9	3	3	3	35	60.00

[illegible]

DIVISION 3							
Town	P	W	L	P	A	ED	FD
SULLYMAN	10	10	3	7	22	16	27
BARHAM	10	10	0	0	0	0	0
LAURENCE (GREEN TOWN)	10	10	0	0	20	7	10
CLIMBING	10	0	0	0	20	14	0
ELLINGHAM	10	0	0	0	20	10	0
PERAGO	10	0	0	0	20	10	0
ROSEY	10	0	0	0	20	0	0
COFFIELD TOWN	10	0	0	0	20	10	0
WATKINSBURG	10	0	0	0	20	10	0
WYKE	10	0	0	0	20	10	0
ROSEHILL VILLAGE	10	0	0	0	20	10	0
TO HILL	10	0	0	0	20	10	0

Art class starts soon

ABSOLUTE BEGINNERS TO IMPROVERS WILL LOVE THIS COURSE!



GREAT NEWS for our readers wanting to meet new friends and learn new skills! There is a 14 week part time art class (once a week for 3 hours) starting soon! Easy access by bus or free parking if you come by car.

ABSOLUTE BEGINNERS TO IMPROVERS JUST LIKE YOU!

The course is designed to be fun for absolute beginners who have never picked up a brush before through to improvers, says Art Director Leslie of Springers Gallery Networth.

STEP BY STEP GUIDANCE

We adapt to each student's needs and give them all the guidance and help they need to develop their artistic skills. The curriculum is fun, comprehensive and interesting. Over 3 and a half months we will explore 4 different media: pencil drawing & sketching, Oil pastel painting and techniques, painting and blending with watercolours and acrylics. Step by step guidance in the basic techniques and secrets needed to create beautiful pieces of art.

SEASIDE VISTAS

By the end of the course, students have created a minimum of 8 pieces of their very own original art they can enjoy forever, from country landscapes to stunning Seaside Vistas. What better way to enjoy the spring months

and participate in something you will look forward to every single week.

MAKE NEW FRIENDS AND MEET NEW PEOPLE

The final day of the art class will be the preparation for an exhibition held in Chichester Town Centre later that day, featuring the work created over the 3 1/2 month part-time course.

YOUNG AT HEART

This course is a brilliant way to learn new skills you will be able to enjoy forever. It is also a great way of meeting new friends and to have a fun experience you will always remember and cherish! It is open to adults of all ages.

LIMITED PLACES IN NEW CLASS

To maintain a high standard to our classes and the tuition you will receive, classes are kept to small number so places available are limited! We recommend that if you are interested, call now for a chat!

FOR MORE INFORMATION ON DATES, VENUES, COURSE FEES AND BOOKINGS, CALL NOW ON 01798 343179

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